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✓ PHYSICAL CULTURE SCREEN MAGAZINE ✓

✓ Edited by Benarr MacFadden.

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Some muscular poses of Benarr MacFadden, showing him as he is today in his fiftieth year. Anyone can attain similar results through exercising and right living.

The chest can be strengthened and bodily poise improved with exercises here illustrated by Miss Vera Roehm.

The proper method of breathing. Note the expansion of the abdomen.

Water tag is an interesting game especially appropriate for summer. Recommended for hardy physiques at any time. Choose up as you do in baseball, the winner taking the hose. The rules of the game require that the one using the hose must give it to the player who tags him vigorously with the open hand.

This kiddie's gymnasium can be used on the lawn or in the house. Brings bright eyes, strong bodies, insures against disease. The trapeze is made of harness straps and curtain poles. The frame work is made of gas pipes with elbow joints--it can be made of wood.

Helen MacFadden, aged eleven, is stronger than the average strong boy. The vitality and health accompanying such strength is necessary to girls--the future mothers of the race. She can chin the bar fourteen times. Count them.

A feat of strength that can be performed only by strong men. Try it.

Artistic dances by Miss Margaret Crawford, assisted by a number of advanced pupils.

Swimming makes the body strong, supple and beautiful. The suit worn by the girls is identical with that used in the ladies public swimming baths in New York City and at all European resorts.



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